Eastman Youth Soccer League

Convener Handbook

EASTMAN YOUTH SOCCER LEAGUE
CONVENER HANDBOOK

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1 EASTMAN YOUTH SOCCER LEAGUE

Vision

Growing the Beautiful Game

Soccer is the largest participation sport in Canada and the world, providing healthy physical activity for players at all levels.
At the most basic level of participation, soccer promotes the integrated development and maintenance of the cardiovascular, musculoskeletal and neuromuscular systems. It helps in preventing many conditions and diseases (including heart disease, obesity and osteoporosis) and enhances the well-being of individuals across the nation.

Mission Statement

The business of the Eastman Youth Soccer League is to govern and promote the sport of recreational soccer and continually foster its growth and development throughout the Eastman Region of Manitoba.

1. To provide and maintain the administrative and financial structures that will allow us to competently govern all outdoor recreational soccer activities in Eastman Region. Community organizations should uphold and enforce the MSA Policies and Administrative Procedures to the best of their abilities. (see Appendix A)
2. To ensure that reasonably priced, recreational soccer participation opportunities are available for all Eastman youth in U11 to U18 age groups, for both males and females, at the individual participant's level of ability.
3. To support the Canadian Soccer Association (CSA) and the Manitoba Soccer Association (MSA) in the delivery of the Long-Term Player Development (see Appendix B).
4. To support and competently participate in all Provincial programs for player, coach and referee development.
5. To continually educate the media and public in Eastman about the sport of soccer.
6. To continually support the provision, acquisition and construction of quality recreational soccer facilities throughout Eastman both indoor and outdoor, to meet the needs of our members.
7. To provide a safe, organized, educational and enjoyable recreational playing experience for all our players; to encourage the development of character, good sportsmanship and the learning of individual and team skills that the sport offer.

2 Joining EYSL

EYSL organizes youth soccer for U11, U13, U15 and U18 Boys and Girls, where teams travel to other member communities or clubs within Eastman Region. A community wishing to enter into the EYSL needs to appoint one person as their community contact, or convener. This convener should attend the next available EYSL meeting, where they would apply to become a member of the EYSL. A current list of all community conveners will be given to new members once they have been added.

The conveners must attend all EYSL meetings, normally 3 per year. The AGM is held usually in February, a spring meeting in April to finalize community numbers and set up the season, and then a fall meeting to review the season and discuss what we might do better.

A convener will, either themselves or with their volunteers, set their own community's fees, conduct a soccer registration, source team coaches, referees, uniforms and suitable fields that conform to EYSL requirements.

After registration, a convener will create teams and attend the spring meeting with numbers for the following: number of teams and team names in each age/gender category, total players, coaches and managers for all teams, and the fields available in each age/gender group.

Insurance for players, coaches and managers, and referees playing in EYSL is mandatory. The league will source the insurance and charge each community according to the number of participants they will have. This same insurance will be made available to each community to cover their in-house mini-soccer players and coaches; should a community choose to exercise this option; they will bear the cost fully for insuring their mini-soccer participants. *The current cost to communities for insurance is $5 per player.*

When collecting fees for insurance from communities, the EYSL administrator will also collect a set amount for each player from each community to cover the costs of the year-end tournaments*. The current cost to communities for year-end tournament participation is $11 per player.*

Any questions should be directed by the convener in the first instance to the incumbent EYSL administrator. Issues with player, coach and/or referee behavior should be directed to the incumbent President of the League, by email or phone call.

3 Annual Registration Guidelines

Registrations should be held early March, in order to provide ample time for team forming, coach naming and training, equipment acquisition, etc. Most communities hold one or two registration sessions at a location in the community, then offer an alternative drop off location for registrants unable to attend the sessions. If online registration is within your club's capability, you are in a great position!

Advertising registration sessions is key to having people show up, even get excited about soccer again. Consider sending a note home through the schools; some communities even have the schools distribute the registration form to each student to bring home, with registration dates printed on the reverse side. This allows parents to come to the registration sessions with completed registration forms, which makes the whole process go smoother. Explore opportunities to add your registration dates to local newspapers' Upcoming Events sections, often free of charge. If you can put a sign out in a visible location on the day of registration at the place of the session, people driving by might be reminded to stop in. If you have an email list of last year's parents, send out a reminder email with registration dates and info; you could even attach a blank registration form for them to print off and fill out ahead of time. If you have a website, consider putting a downloadable blank registration form up on it also.

You'll need to have a couple of people at the registration sessions able to take the registration forms and money and answer questions. Completed registration forms should be accompanied by registration fees, and jersey and volunteer bond cheques if applicable. Cheques are the preferred method for taking fees, for their traceability. If some families would like their children to play, but are in a bind financially, you can always refer them to the Kidsport Canada program. Information is available at sportmanitoba.ca/downloads/KS_Funding.pdf

Anyone needing to drop off a registration form other than at the registration session could be charged a late fee, to discourage procrastination on the parents' part.

Registration forms should as a minimum require parents'/guardians' names, residential address, contact numbers, child's name, DOB, gender, MB medical numbers and family doctor, child's known allergies or medical concerns, an emergency contact name and number, and age category the child would like to play in. The parent/guardian must sign the registration form. **EYSL requires parents to sign an Insurance Waiver and a Code of Conduct contract**, this may be incorporated right into the registration form if the club so desires.

4 Equipment Requirements

Field and goal measurements will follow the Proposed Playing Rules for **Small Sided Games 2005** issued by the **Canadian Soccer Association National Game Structure** for both the U11 and U13, see section 10**.** U15 and U18 categories will follow FIFA guidelines for field and goal measurements.

Players are required to have:

1. Uniforms: Jerseys, (Numbers preferred) Shorts and socks should match and be soccer appropriate.
2. Shin guards (worn under the socks) are MANDATORY.
3. Soccer cleats are not mandatory, but players wearing soccer cleats will have a distinct advantage.
4. A water bottle.
5. Headgear and jewelry are not allowed on the field of play.

Home teams are required to have:

1. Two Match Balls for which the referee will have the final say on the suitability.
2. Corner flags, which must meet FIFA regulations.

In addition, each team requires a goalie's jersey and gloves. It is recommended that each team have one ball per player for warm-up and practice drills.

When purchasing jerseys, check with the league to see what colours are already taken up. It is best to stay away from colours used in other communities. If this is not possible, home teams will be required to wear pinnies in the case of opposing team jersey similarities, as determined by the game official.

All teams are required to have the following first aid gear:

- Assorted Adhesive Bandages
- 1 Elastic Wrap (Tensor Bandage)
- Assorted Gauze Pads
- Latex Gloves
- Instant Ice Packs
- Antibiotic Ointment Packs
- Alcohol Prep Pads
- Sting Relief Pads or bottle
- Gauze Roll
- Tape Roll
- Tweezers
- Scissors

5 EYSL RULES and REGULATIONS

1. The FIFA Laws of the Game must be observed and enforced, with exceptions as cited in #22 below for U11 and U13 categories; this includes dismissal from the game for foul and abusive language, spitting or any other major infringement.

2. Parents may only enter onto the field of play with the referee's permission.

3. The referee has control over the total game area including the spectators. If at any time the referee feels the spirit or laws of the game are being compromised, suspension of play is an enforceable option.

4. Headgear and/or jewelry are not allowed on the field of play.

5. Players must wear runners or soccer cleats.

6. Shin guards are mandatory for all EYSL players and must be worn under appropriate soccer socks.

7. Game results will be recorded as Wins, Losses, or Ties only; no scores shall be recorded. Game results must be passed on to the league administrator and will be used in determining pools for the year-end tournament.

8. All players must be registered with the Eastman Youth Soccer League.

(a)Any team playing an ineligible player shall default the match and the win shall be awarded to the opposing team. Such games shall not be replayed. Ineligible players include players in a competitive league such as but not limited to WYSA.

(b)Any team official registering or using ineligible players shall be dealt with by the League Disciplinary Committee.

(c) Throughout the season and during the end of season tournament, only players registered to a team in the Eastman Youth Soccer League may participate.

(d)If a player does not have an age appropriate team within their community, the player shall be placed in the nearest EYSL Member Club provided that they do not replace any other player(s) in said EYSL Member Club.

(e) Coaches should make every effort to make sure all players play equal time per game.

(f) It will be accepted that, under certain disciplinary circumstances, on field playing time cannot be guaranteed. It is the responsibility of the coaching staff to clearly communicate any disciplinary action to the player and his/her parents. It is up to each club to monitor and police this matter.

9. All referees are to be trained and rightly prepared. Referees must conduct themselves professionally. Communities are responsible for remuneration and scheduling of referees. No referee will be assigned to a game where the players are older than the referee. It is recommended that referees be a minimum of two years older than the players.

10. **All players, coaches and parents must sign their respective Code of Conduct Contracts before the season starts**. **(see Appendix E).** Each community will keep these on file, to be presented to the EYSL Executive upon request. They can also be presented to any individual whose behavior borders on unacceptable, to remind them of what they agreed to at the beginning of the season.

11. **Team Uniforms:** All U11 to U18 team uniforms must have numbers. No teams can have duplicate numbers on their uniforms. Any teams playing without numbers will forfeit the win during that game. In cases where colours of uniforms are similar, the Home Team shall change (Pinnies are acceptable). The referee will make the determination of whether or not uniforms do clash.

12. MATCH SCHEDULES and REGULATIONS

All games shall be played in conformance with the EYSL, MSA and CSA codes of conduct. **All regular season games will start at 7:00.**

(a) EYSL shall be responsible for scheduling games in leagues organized under its immediate jurisdiction (age groups U11 to U18). Each team is also invited to play in a year end tournament in their age category.

(b) All games shall be played as scheduled, unless the owner of the field or the permit

a. If threatening weather occurs, the referee will have the option of stopping play or by mutual agreement of the coaches the game may be suspended

b. If lightning is seen in the immediate vicinity the game will be delayed for 20 minutes after last sighting.

c. Games may be played in light to moderate rain

14. Games Not Played in their Entirety In some cases, the pitch authorities or, in smaller communities the Home coach, may declare the pitch to be unplayable. In this event the Home Coach will work with the Visiting coach to find a suitable date when the field might be available. All such cancellations must be made by 5:30pm on game night at the latest, bearing in mind the time required for the visiting team to travel. i.e. if Vita is playing in Beausejour, 5pm would be a more reasonable time.

(c) The referee may also determine if a game shall be postponed due to inclement weather and/or field conditions. In this event the Home Team's coach shall arrange a new date with the Visiting Team's coach.

13. Weather rules:

In cases where a game is abandoned due to weather, and/or injury, no match shall be considered an official game unless at least two-thirds of the scheduled playing time has been played.

15. Game postponements.

A coach wishing to postpone a game for reasons other than weather MUST contact the opposing coach by 5:30 PM on game day at the latest, bearing in mind the time required for the visiting team to travel. i.e. if Vita is playing in Beausejour, 5pm would be a more reasonable time. The home coach should then contact the referee. The two coaches will need to work together to reschedule the game on a day when the field is available.

16. Defaulting Games

(a) Any team defaulting a game by not showing up shall lose.

(b) The official will wait the grace period of 15 minutes and then on the game sheet write the defaulting team's name, the reason, and sign it.

(c) Teams withdrawing from the field of play prior to the end of regulation play shall be deemed to have defaulted the game.

17. Responsibility of Team Officials toward Match Officials

(a) Team officials are responsible for the conduct of their team members, supporters and spectators off the field, before, during and after the game. They must act to maintain sideline discipline at all times especially when requested by game officials. Failure to aid the officials will result in the abandonment of the game. The offending team will also default the game.

(b) It is the team official's duty to assist the referee in naming the offending supporters and or spectators.

(c) See section 11 for Foul and Misconduct Guidelines

18. Coaches and referees have the <u>responsibility</u> to bring to the attention of the Executive of the EYSL poor behavior by any person attending a game.

19. Match Ball and Corner Flags

(a) The home team shall provide a match ball, but both teams must have available reserve balls which are in good condition. The referee has the final decision on the suitability of any ball.

(b) The home team is responsible to provide corner flags, which must extend a minimum of five feet above ground level.

20. Home Field (markings and nets)

The Home Team is responsible (through its home Club or District) for correct marking of the field. In games cancelled by the referee for the reason of no visible markings, the home team will forfeit the win.

21. Team 'Benches'

In all youth soccer games governed by EYSL, players & team officials of both teams will be placed on the same side of the field, while all others attending the games will be placed on the other side.

22. FIFA regulation revisions for play in EYSL

In order to allow play at a recreational level, EYSL has adopted the following revisions to FIFA regulations:

U11 and U13 Soccer

EYSL has adopted the Proposed Playing Rules for **Small Sided Games 2005** issued by the **Canadian Soccer Association National Game Structure.**

U15 to U18 Soccer

All FIFA Laws of the Game to be followed with the following exceptions:

Substitutions

(a) There may be unlimited substitution in all games under EYSL jurisdiction

(b) Substitutions may only be made with the consent of the referee during a stoppage in play.

(c) No substitute is allowed to replace a player who has been ordered from the field of play for misconduct.

(d) The referee must be notified at all times of any change of goalkeeper.

Divisions	Goal Size	Time of Play	Ball Size
U15	24ft x 8ft	2 x 35-minute halves	5
U18	24ft x 8ft	2 x 40-minute halves	5

6 Putting Teams Together

It is imperative the recreational nature of the league be kept upper most in the minds of those tasked with forming community teams. The experience of each child needs to be considered, as all should be able to enjoy playing the game.

To this end, the following rules will apply:

a) Coaches must complete a **Child Abuse Registry Check** for the local community Board.

b) It is highly recommended all coaches complete the 'Respect in Sport' online course annually, as it is a good way for them to be focused and refocused on the importance of making games fun for the kids.

c) Coaches and Assistant Coaches should be strongly encouraged to attend an MSA coaching clinic to increase their skill level, and their confidence. Feeling able to do the job will increase the enjoyment the coaches get out of each game, which will also benefit the players.

d) When multiple teams in one playing category are warranted due to the number of registered players, **any one team should not be 'stacked' with the best players**, in order to form one strong team for the community.

e) Communities are encouraged to form single gender teams when possible. i.e. separate girls and boys teams

f) Each team is encouraged to have in place a Coach, an Assistant Coach, and a Team Manager. At least one of these three team officials should be of the same gender as the players. If this is not possible, a parent from the team of the same gender as the players can be designated to assist as may be required.

g) Communities are encouraged to find a way to recognize and show appreciation to all volunteers, including team officials. Examples include hosting a meal at a local restaurant, giving each individual a gift item, etc.

h) Communities are encouraged to use experienced referees to mentor new referee recruits. Experienced refs may be sourced locally, or in neighbouring communities. **EYSL will reimburse a community's cost of running a mentoring program, up to $25 per game mentored**. All such receipts need to be submitted for reimbursement no later than August 31st in the year in which they were incurred.

7 Hosting a Clinic for Coaches or Referees

EYSL strongly encourages education as a means of increasing the enjoyment level for all parties involved. To this end, the following guidelines are set out for communities wanting to host either an MSA Coaches or Referee Clinic:

a) Communities considering hosting a clinic should be in touch with neighboring communities to co-ordinate efforts.

b) Application should be made by the community to MSA to host a clinic. Complete information can be found at http://www.manitobasoccer.ca/coach/clinics-new EYSL will cover the cost from MSA; see details below.

c) The community must arrange for a facility according to MSA's guidelines. EYSL will cover the cost of the facility (see details below); discretion should be used when choosing the facility, to ensure it is not cost prohibitive.

d) Food may be provided for participants of clinics, for which the costs shall be reimbursed to the community by EYSL. This would cover coffee and a muffin for sessions 4 hours or less in duration; a meal costing less than $10 per person may be arranged for all day sessions. The community shall make all arrangements for this provision.

e) In order to have EYSL cover clinic costs, the hosting community MUST ADVISE THE LEAGUE ADMINISTRATOR PRIOR TO THE CLINIC, and the convener MUST COMPLETE A PRE-EVENT FORM for Sport MB. This will enable the league to recover some costs from Sport MB.

f) **EYSL will cover all reasonable costs a community incurs when hosting a clinic**. This includes MSA's billing, the cost of the facility, and refreshments for participants as detailed in (d) above. The community should have MSA invoice EYSL directly if possible. If this isn't the case, the invoice should be submitted to the EYSL administrator for reimbursement, along with any original receipts for the facility and food. The receipts should be accompanied by a small description of the event, including number of participants registered, number of participants attending, and any other pertinent information.

g) Participants should not be charged for attending coaching clinics! We want to encourage them to coach, and to continue coaching. If the club chooses to require a bond cheque as a means of ensuring registrants attend, that is left to their discretion.

h) Participants attending referee clinics should be charged a registration fee, which should then be reimbursed to the participant after satisfying a minimal requirement of working a certain amount of games for the club

Individuals in a community not able to attend clinics hosted via EYSL may register to attend an MSA clinic in Winnipeg. Upon successful completion of a Winnipeg clinic, the participant may send their receipt directly to the EYSL administrator for reimbursement. If the resident community chooses to have the individual submit their receipt to the local club for reimbursement, it would then be in order that the community seek reimbursement by submitting the individual's receipt to the EYSL administrator. Alternatively, the individual may apply directly to Sport MB for a refund of fees and travel costs. Check with the League administrator for the appropriate form.

All such receipts need to be submitted for reimbursement no later than August 31st in the year in which they were incurred.

8 Hosting a year end tournament

Communities that wish to host a tournament will be responsible for:

- providing the league executive with the number of fields available for tournament games.
- providing referees for all tournament games.
- providing a “lunch” for players, coaches and referees.
- provide enough volunteers to ensure the smooth running of the tournament

The league will provide:

- scheduling for all tournament games.
- Distribution of the schedule to EYSL Conveners for them to inform their teams
- Gold, Silver and Bronze Medals for each division in each age group
- Participation gifts for teams who do not receive a medal. In years the EYSL committee decides to provide these.

Communities that host the year end tournaments should send the league executive an email after the tournament, indicating the number of players, that attended the tournament. **The email needs to be submitted for reimbursement no later than August 31st in the year in which they were incurred.**

The community will then be reimbursed at a rate of $11 less the cost of the medals for each participant. The medal cost is usually under $3, so a community can count on a reimbursement of approx. $8 per participant. Host communities should be aware that from the reimbursement amount they are responsible all costs of the tournament including field rentals, “lunch” and referees.

9 Proposed Under 11 Playing Rules

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Small Sided Games 2005

Canadian Soccer Association National Game Structure

In an effort to provide a consistent model for player development across the country the Technical Committee of the Canadian Soccer Association has developed a list of recommended game structures based on the developmental age of players 18 years and under. These game structures take into consideration such things as the ideal number of players on a team, the duration of the game, the ball size, the size of the field and the size of the goal recommended for the specific age range.

It is believed that by establishing recommendations for a National Game Structure clubs and leagues across Canada will be able to work together in providing an effective environment for the development of our young players. There have been numerous studies and experiments carried out in countries around the world that have proven the effectiveness of small sided games in improving young players both technically and tactically. In addition, these studies have shown that the small sided game environment provides players with more touches of the ball and, therefore, more enjoyment. All the elements of the "big game" are there with numbers and field sizes adjusted accordingly to allow players to be more involved in the action.

The graduated approach to increasing a player's experience has many benefits for players and coaches alike. Players get the chance to improve technical skills through getting more touches of the ball in each game they play. Having fewer players to be concerned with also helps the coach lead the players through the concepts of basic group tactics in an environment which allows a player to get his or her head around such ideas. While many coaches understand that children and youth players are not "small adults" it is fair to say that Canadian Soccer has been slow to provide a suitable game environment for our young players. With that in mind the Canadian Soccer Association is pleased to make the following recommendations that form the National Game Structure.

Age Group	Game Format	Squad Size	Game Duration	Ball Size	Field Size	Goal Size
U11	7 v 7	14 minimum	2 x 25 minutes	4	55m x 36m	12ft x 6.5ft

CSA Recommended modifications to the FIFA Laws of the Game. (FIFA Laws of The Game can be found at www.fifa.com)

Law I-The Field:

a) Dimensions:
   a. The field of play shall be rectangular, its length not more than 55m, its width not more than 36m.
   b. The length in all cases shall exceed the width.

b) Markings:
    a. Distinctive lines not more than (5) inches wide.
    b. A halfway line shall be marked out across the field.
    c. A center circle with a eight (8) yard radius.
    d. Four corner arcs each with a two (2) foot radius.
    e. Goal area: six (6) yards from each goal post and six (6) yards into the field of play joined by a line drawn parallel with the goal line.
    f. Penalty area: fourteen (14) yards from each goal post and fourteen (14) yards into the field of play joined by a line drawn parallel with the goal line.
    g. Penalty Spot: eight (8) yards out from center of goal line. Goals: Six (6) feet high and twelve feet wide up to six (6) feet high and eighteen (18)) feet wide.
    h. Retreat Line: half the distance from the goal line to the center line, dashed, both sides.

Law II-Number of Players:

a) Maximum number of players on the field at any one time is 7v7: seven (7) including the goalkeeper
b) Substitutions: At any time with the permission of the referee, generally: Prior to throw-in, in your favor. Prior to a goal, kick, by either team. After a goal, by either team. After an injury, by either team, when the referee stops the play. At half-time.
c) Playing time: Each player SHALL play a minimum of 50% of the total playing time.
d) Teams and games may be coed.

Law III-Players Equipment: Conform to FIFA with the following exceptions:

a) Footwear: Tennis shoes or soft-cleated soccer shoes
b) Shin-guards are MANDATORY.

Law IV-The Referee: A certified referee

Law V- Assistant Referee: Not used in the small-sided game.

Law VI-Duration of the Game:

a) The game shall be divided into two (2) equal halves of twenty-five (25) minutes each.
b) There shall be a half-time break of five (5) minutes.

Law VII-The Start of Play: Conform to FIFA, with the following exception:

a) Opponent must be three (3) yards from the center mark while kick-off is in progress.

Law VIII-Conform to FIFA: Ball in and Out of Play: Ball must completely cross line to be out of play.

Law IX-Method of Scoring: Conform to FIFA Ball must completely cross goal line between posts and beneath crossbar to count.

Law X-Off-Side: There is no offside in small-sided games. You will find most coaches in EYSL do coach to the spirit of the offside rule, to help players begin to understand and learn the rule, as it is not a simple one to grasp.

Law XI-Fouls and Misconduct: Conform to FIFA with the following exception:

a) No cautions or ejections shall be issued to players except by an independent neutral referee.

Law XII-Free Kicks: Conform to FIFA with the following exception:

a) All free kicks will be indirect.
b) Opponents must be three (3) yards away.

Law XIII-Penalty Kicks: There are no Penalty Kicks in small-sided games.

Law XIV-Goal Kick: If the team attempting to score a goal kicks the ball over the goal line outside the goal posts, the opposing team puts the ball back into play with a goal kick. The Goal Kick should be taken within 2-3 yds of the goal and opposing players must retreat behind the retreat line.

Law XV-Corner Kick: If team defending goal last touches ball before it crosses goal line, the attacking team puts it into play with an indirect kick.

MSA Soccer Recommendations

a) Opposing parents/coaches and players should shake hands after each game.
b) Participation awards for ALL- No trophies or awards just for best team.
c) Parent/coaches, non-playing players and spectators should be there to enjoy and encourage the activity of the youngsters.
d) No alcoholic beverages will be consumed or allowed near the playing area.

U11 Substitutions

(a) There may be unlimited substitution in all games under EYSL jurisdiction

(b) Player substitutions may be made anytime, and do not require the consent of the referee during a stoppage in play.

(c) Players must enter and exit the pitch from the designated areas when substitutions occur.

(d) No substitute is allowed to replace a player who has been ordered from the field of play for misconduct.

(e) The referee must be notified at all times of any change of goalkeeper.

10 Proposed Under 13 Playing Rules

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Small Sided Games 2005

Canadian Soccer Association National Game Structure

In an effort to provide a consistent model for player development across the country the Technical Committee of the Canadian Soccer Association has developed a list of recommended game structures based on the developmental age of players 18 years and under. These game structures take into consideration such things as the ideal number of players on a team, the duration of the game, the ball size, the size of the field and the size of the goal recommended for the specific age range.

It is believed that by establishing recommendations for a National Game Structure clubs and leagues across Canada will be able to work together in providing an effective environment for the development of our young players. There have been numerous studies and experiments carried out in countries around the world that have proven the effectiveness of small-sided games in improving young players both technically and tactically. In addition, these studies have shown that the small-sided game environment provides players with more touches of the ball and, therefore, more enjoyment. All the elements of the "big game" are there with numbers and field sizes adjusted accordingly to allow players to be more involved in the action.

The graduated approach to increasing a player's experience has many benefits for players and coaches alike. Players get the chance to improve technical skills through getting more touches of the ball in each game they play. Having fewer players to be concerned with also helps the coach lead the players through the concepts of basic group tactics in an environment which allows a player to get his or her head around such ideas. While many coaches understand that children and youth players are not "small adults" it is fair to say that Canadian Soccer has been slow to provide a suitable game environment for our young players. With that in mind the Canadian Soccer Association is pleased to make the following recommendations that form the National Game Structure.

Age Group	Game Format	Squad Size	Game Duration	Ball Size	Field Size	Goal Size
U13	9 v 9	16 maximum	2 x 30 minutes	4	75m x 55m	18ft x 6.5ft

CSA Recommended modifications to the FIFA Laws of the Game. (FIFA Laws of The Game can be found at www.fifa.com)

Law I-The Field:

a) A Dimensions:
    a. The field of play shall be rectangular, its length not more than 75m, its width not more than 55m.
    b. The length in all cases shall exceed the width.

b) Markings:
    i. Distinctive lines not more than (5) inches wide. A halfway line shall be marked out across the field.
    j. A center circle with an eight (8) yard radius.
    k. Four corner arcs each with a three (3) foot radius.
    l. Goal area: six (6) yards from each goal post and six (6) yards into the field of play joined by a line drawn parallel with the goal line.
    m. Penalty area: fourteen (14) yards from each goal post and fourteen (14) yards into the field of play joined by a line drawn parallel with the goal line.
    n. Penalty Spot: eight (8) yards out from center of goal line.
    o. Goals: Six (6) feet high and eighteen feet wide up to Seven (7) feet high and twenty-one (21) feet wide.

Law II-Number of Players:

e) Maximum number of players on the field at any one time is: 9v9: eight (9) including the goalkeeper.
f) Substitutions: Prior to throw-in, in your favor. Prior to a goal, kick, by either team. After a goal, by either team. After an injury, by either team, when the referee stops the play at half-time.

Law III-Players Equipment: Conform to FIFA with the following exceptions:

c) Footwear: Tennis shoes or soft-cleated soccer shoes
d) Shin-guards are MANDATORY.

Law IV-The Referee: A Certified Referee.

Law V- Assistant Referee: Assistant ref.

Law VI-Duration of the Game:

a) The game shall be divided into two (2) equal halves of thirty (30) minutes each.
b) There shall be a half-time break of five (5) minutes.

Law VII-The Start of Play: Conform to FIFA, with the following exception:

b) Opponent must be three (3) yards from the center mark while kick-off is in progress.

Law VIII-Conform to FIFA: Ball in and Out of Play: Ball must completely cross line to be out of play.
Law X-Method of Scoring: Conform to FIFA Ball must completely cross goal line between posts and beneath crossbar to count.

Law IX-Off-Side: There is offside in U13.

Law X-Fouls and Misconduct: Conform to FIFA with the following exception:

b) No cautions or ejections shall be issued to players except by an independent neutral referee.

Law XII-Free Kicks: Conform to FIFA rules of the game.

Law XIII-Penalty Kicks: Conform to FIFA rules of the game.

Law XIV-Goal Kick: If the team attempting to score a goal kicks the ball over the goal line outside the goal posts, the opposing team puts the ball back into play with a goal kick. The Goal Kick should be taken within 2-3 yards of the goal and opposing players must be outside the penalty area until the ball is kicked.

Law XV-Corner Kick: If team defending goal last touches ball before it crosses goal line, the attacking team puts it into play with an indirect kick.

MSA Soccer Recommendations

a) Opposing parents/coaches and players should shake hands after each game.
b) Participation awards for ALL- No trophies or awards just for best team.
c) Parent/coaches, non-playing players and spectators should be there to enjoy and encourage the activity of the youngsters.
d) No alcoholic beverages will be consumed or allowed near the playing area.

11 FOULS AND MISCONDUCT

The yellow card is used to communicate that a player, substitute or substituted player has been cautioned.

The red card is used to communicate that a player, substitute or substituted player has been sent off.

Only a player, substitute or substituted player may be shown the red or yellow card.

The referee has the authority to take disciplinary sanctions from the moment he enters the field of play until he leaves the field of play after the final whistle.

A player who commits a cautionable or sending-off offense, either on or off the field of play, whether directed towards an opponent, a team-mate, the referee, an assistant referee or any other person, is disciplined according to the nature of the offense committed.

Cautionable offenses

A player is cautioned and shown the yellow card if he commits any of the following seven offenses: • unsporting behavior • dissent by word or action • persistent infringement of the Laws of the Game • delaying the restart of play • failure to respect the required distance when play is restarted with a corner kick, free kick or throw-in • entering or re-entering the field of play without the referee's permission • deliberately leaving the field of play without the referee's permission

A substitute or substituted player is cautioned if he commits any of the following three offences: • unsporting behaviour • dissent by word or action • delaying the restart of play

Sending-off offenses

A player, substitute or substituted player is sent off if he commits any of the following seven offenses: • serious foul play • violent conduct • spitting at an opponent or any other person • denying the opposing team a goal or an obvious goal scoring opportunity by deliberately handling the ball (this does not apply to a goalkeeper within his own penalty area) • denying an obvious goal scoring opportunity to an opponent moving towards the player's goal by an offense punishable by a free kick or a penalty kick • using offensive, insulting or abusive language and/or gestures • receiving a second caution in the same match.

A player, substitute or substituted player who has been sent off must leave the vicinity of the field of play and the technical area.

ALL CARDED OFFENSES SHOULD BE REPORTED PROMPTLY BY THE COMMUNITY HOSTING THE GAME TO THE LEAGUE ADMINSTRATIVE ASSISTANT. The Disciplinary Committee will then be alerted; after their review they will advise what the next steps are for that player. See Disciplinary Action section below for guidelines. The Disciplinary Committee will advise of their decision in writing to the offending team. Other communities in the division may be alerted, in order to ensure the offending team abides by the disciplinary action granted.

DISCIPLINARY ACTION:

Referees must report all red cards to the club referee coordinator or other designated club official.

All yellow and red cards and club disciplinary actions must be reported to the EYSL Administrative Assistant promptly.

Any player receiving a yellow card must be substituted from the game until at least the next substitution time.

Any player or coach receiving a red card must leave the field and parking lot and he/she will receive a minimum of a one game additional suspension.

Players or coaches receiving a red card for using profanity either by word or sign against other players, coaches, spectators, or referees will receive a two-game suspension.

Players or coaches receiving a red card for making threatening gestures against other players, coaches, spectators, or referees will receive a two-game suspension.

Players or coaches receiving a red card for fighting before, during, or after the game shall receive up to a four-game suspension.

Players or coaches receiving a red card for pushing or striking any coach, referee, or official shall receive a one-year suspension.

Coaches or team volunteers who make threatening gestures or use threatening or profane language to players, coaches, referees, officials, or spectators shall be disciplined as follows:

a. First time: A letter will be sent to the offender and to the club. The offender is placed on probation.

b. Second time: The offender shall be suspended for up to 1 year.

c. Third time: The offender will be suspended for up to life.

d. Fighting: The offender will be suspended for life.

Notes:

Notes:

Revised: May 2022 DN